



# HUNGER/FULLNESS SCALE

**-5**

**I MIGHT PASS OUT**

**-4**

**RAVENOUS**

**-3**

**HUNGER PANGS**

**-2**

**HUNGER AWAKENS**

**-1**

**FOOD THOUGHTS**

**0**

**COMFORTABLE**

**1**

**JUST SATISFIED**

**2**

**VERY SATISFIED**

**3**

**FULL**

**4**

**BLOATED**

**5**

**SICK**

Being at -4 or lower may cause over-eating or bingeing.

May start feeling out of control.

At -1 & -2 you may start thinking about food but will still be in control.

0 should be pretty comfortable.

1 & 2 are pretty good places to be.

Avoid being less than a 3, as this will likely make you feel yucky or may be too many calories..